Bubba is the Master

Lefty wins first PGA major at Augusta, defeating Louis Oosthuizen on the second hole of a sudden-death playoff

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THE ART OF PEACE

AFTER TUMULTUOUS DECADE, A LOT IS RIDING ON OLP'S NEW ALBUM

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VANCOUVER metro®

Monday, April 9, 2012

News worth sharing.

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Cup may not be in reach: Canucks fans

Stanley Cup playoffs. Vancouver Canucks have home-ice advantage against the Los Angeles Kings on Wednesday

KENDRA WONG
vancouver@metronews.ca

It's time to pull out your Vancouver Canucks jerseys and leave last year's riot woes behind — the Stanley Cup playoffs are here.

But with the Canucks set to play the Los Angeles Kings in the first round, fans don't believe this is their year to win the holy grail of hockey.

"Fans are definitely more pessimistic this year. We have the Presidents' Trophy, we're the best team in the league, but there are other teams who are more hungry (for the cup)," said fan Cameron Cheung. "We went far last year, not many teams can do it again."

Despite winning the Presidents' Trophy for the second straight season with 111 points, two more than the New York Rangers, fans said the team doesn't stack up offensively compared to last year's squad.

"Last year the Canucks dominated in the regular season, but this year they struggled to score goals and there have been questions surrounding whether Roberto Luongo or Cory Schneider should be in net," said Matt Lee, a longtime Canucks fan. "(Fans) are not expecting the Stanley Cup this time around."

Fans do agree that the Canucks will make it past the first round.

"They will absolutely beat the Kings," said Barry Schmidt, a Calgary Flames turned Canucks fan.

"They have a better understanding of taking it easy before going into the playoffs. Last year they wanted every trophy and I think they burned themselves out."

Vancouver Canucks centre Henrik Sedin, left, celebrates his goal with teammate Alex Burrows at Rogers Arena in Vancouver on Saturday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Is a linguistic apocalypse on the horizon?

Text4science project looks at whether texting short forms are simply creative expression or a sign of our language deteriorating PAGE 3

Saying 'I do' all over again

More couples are redoing wedding vows as a way to recommit and celebrate how far they have come PAGE 13

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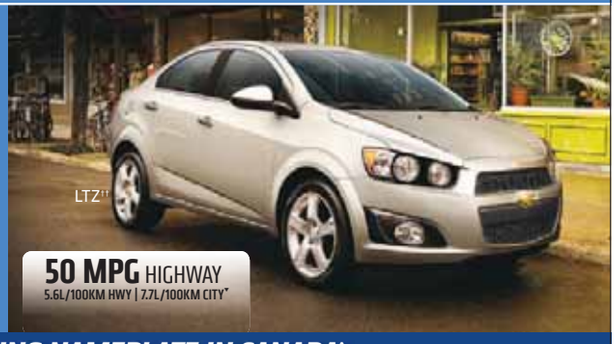

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Seeking the truth about texts

Call for submissions.
SFU researcher part of international team delving into the language of texts

GRAHAM TEMPLETON
vancouver@metronews.ca

r u rdy 4 the truth abt txt msgs?

SFU language Prof. Christian Guilbault hopes so, as he asks Vancouverites to submit their text messages to an international study on the use of language in texting.

"A lot of people claim language in deteriorating," Guilbault said Sunday. "We need to see if that's true."

The "text4science" project, which started in Belgium, involves researchers around the world, including three in Canada. It has already collected almost 8,000 texts, and hopes to hit 100,000 by the end.

Findings in the preliminary data show that the most avid abbreviators are in their early 20s and that there are 10 different ways to represent laughter and 12 to say "OK."

"There is so much variation in how people encode certain words," Guilbault said. "People are a lot more creative than we thought."

But is it creativity or a sign of the linguistic apocalypse?

"When young people send texts you can hardly read," said Guilbault, "it's not that they don't know how to spell. They want to save time, and to share a code. Using code words can show that you are a member of the group.

"Language is not necessarily in danger because of this."

The group has observed less abbreviation than they expected, however, and that even young people are using traditional English for most of their communication.

"It's not nearly as bad as we feared," Guilbault said.

Those who wish to contribute to the study can forward their outgoing text messages to 202202 or add them at the text4science website.

A new international study is looking into the language of texting. PHYLICIA TORREVILLAS/METRO

Union Gospel Mission treats DTES to Easter feast

Two children enjoy a hearty Easter dinner at the Union Gospel Mission in Vancouver Saturday. KEVIN CLARK/CONTRIBUTED

The Union Gospel Mission served up more than 3,000 meals for Vancouver's most vulnerable during its annual Easter dinner Saturday.

UGM spokesperson Keela Keeping said the meal marks one year since UGM moved to its new, expanded facility at the corner of Princess and Hastings.

"It was just an absolute joy to be there," Keeping said. "Everything just ran quite smoothly. People were able to linger a little bit longer and just connect with people around them especially in the women and family centre.

"There were just smiles everywhere," she added.

She said the organization served 500 more meals compared to last year and they noticed more women and children who came needing a meal.

Three ophthalmologists were also on site and provided more than 80 eye exams. Clearly Contacts will be making the prescription reading glasses and people can pick up their glasses at UGM this Friday.

UGM also served Easter dinners at three other locations across Greater Vancouver.

PHYLICIA TORREVILLAS/METRO

On the menu

- 3,500 pounds of ham
- 800 apple pies
- 900 pounds of scalloped potatoes
- 400 dozen buttered buns
- 270 litres of pineapple sauce

Abbotsford

Man killed while walking along highway

A 51-year-old man is dead after being struck by a car Saturday night while walking close to highway traffic in Abbotsford.

Police received several calls at about 8:40 p.m. about a man hitchhiking or walking dangerously close to traffic in the northbound lanes of Highway 11, just south of Harris Road.

Officers were dispatched, but police later received calls the man had been struck by a vehicle. When officers arrived, they saw the dead man on the roadway and spoke to two drivers who indicated they may have hit the man.

PHYLICIA TORREVILLAS/METRO

Hope

RCMP suspect hit-and-run after body found in ditch

Mounties in Hope are looking for a suspected hit-and-run driver after a woman's body was found in a shallow roadside ditch.

Two youths on their bikes found the unidentified woman's body at around 7:30 p.m. Friday on Flood Hope Road in the Richmond Hill area.

Staff Sgt. Suki Manj said the investigation points to a hit-and-run case during daylight hours on a dry visible roadway. But he added the driver may not have realized they'd hit a person and assumed it was an animal. Mounties are encouraging the driver to come forward.

PHYLICIA TORREVILLAS/METRO

Vancouver

High-risk sex offender back behind bars

A high-risk sex offender wanted on a Canada-wide warrant has been arrested.

Police say James Patrick Benson, 32, was arrested without incident after he was spotted walking in the 200 block of East Hastings Street early Sunday morning.

Vancouver police appealed to the public Friday to help locate Benson, who had walked away from a Vancouver halfway house Thursday night.

Benson's convictions include various property and weapons offences, attempted murder, extortion and sexual assault.

PHYLICIA TORREVILLAS/METRO

Abbotsford

Grandma hailed as hero after fire

Firefighters are calling a grandmother a hero for saving 10 members of a Fraser Valley family from an overnight blaze.

The fire broke out in Abbotsford, B.C., around midnight, causing about $100,000 in damage to the home, as well as damage to three vehicles and a nearby residence. Deputy fire Chief Mike Helmer says the grandmother heard the fire alarm, smelled smoke and woke up family members.

Helmer says eight adults and two young children are now safe. He says the outcome could have been different without a working smoke alarm, and the cause of the fire is still under investigation.

THE CANADIAN PRESS

Conflicting accounts

RCMP pay raises questioned

British Columbia's attorney general and minister of justice says the provincial and federal governments are trying to clear up confusion about RCMP pay hikes.

Municipal and provincial officials announced Thursday they only found out about the increases earlier this week. Surrey Mayor Dianne Watts has said the wage increases could cost her city more than $6 million. But the federal government said Friday the province was informed about the raises last year.

Attorney General and Minister of Justice Shirley Bond says B.C. is encouraging the federal government to work through the raises with the provinces.

THE CANADIAN PRESS

1 NEWS

On the web

Senior wows crowds

Eighty-six-year-old Johanna Quaas could put gymnasts a quarter her age to shame. Last month, the springy silver-haired octogenarian wowed a crowd during parallel-bar and floor-exercise rotations at the Cottbus Challenger Cup in Brandenburg, Germany. Watch at metronews.ca

Plush pugilism

Eighty feathers and fluff were afloat in Berlin after a flash-mob pillow fight took to the city's famous Brandenburg Gate. Watch at metronews.ca.

Mobile news

Britain's Olympic chief fears the London Games could be marred by a protest like the one that disrupted the Boat Race between Oxford and Cambridge on the River Thames. Scan the code for the full story.

Recovery. 20-year-old communicating after double-lung transplant

JOE LOFARO
Metro in Ottawa

Hélène Campbell is showing signs of recovery from her seven-hour double-lung transplant — spelling words and breathing a bit on her own, her mother tweeted Sunday.

The 20-year-old Barrhaven, Ont., woman who launched a powerful organ-donation awareness campaign after being diagnosed with advanced pulmonary fibrosis last summer underwent surgery Friday morning at Toronto General Hospital.

On Sunday, her mother, Manon Roy Campbell, tweeted, "With an alphabetic board, Helene is spelling words to communicate when awake. She was doing some leg exercises while in bed this afternoon!"

In a previous tweet, Campbell also said, "Helene continues to remain stable, she is able to do some breathing on her own but is still helped with the ventilator."

Survivor

"That gift of life is something that we will honour."
Alan Campbell, father of Hélène

Hateful emails

Bible ban evokes threatening letters

An Ontario public-school board's decision to ban distribution of Gideon Bibles to its students has unleashed a torrent of threatening calls and hateful emails directed at trustees.

Some messages to the Bluewater District School Board express racist sentiment and question trustees' patriotism.

"Allowing newcomers to Canada the ability to walk all over our heritage has got to stop before they carry us into the realm of a warring nation like the one they often left behind," one email said. THE CANADIAN PRESS

McGill student suing U.S. government for border interrogation

Lawsuit. Student's lawyers argue search was unconstitutional, but government says it has right to search at border without cause

Pascal Abidor, an Islamic studies doctoral student, poses at McGill University in Montreal on Wednesday. Abidor was detained at the U.S. border and saw his computer confiscated for over a week. GRAHAM HUGHES/THE CANADIAN PRESS

A Montreal university student was detained at the U.S. border, held for several hours, interrogated, had his personal belongings searched and saw his computer confiscated for over a week.

What caught the authorities' attention? His doctoral research on Islamic studies, he says.

In a case that has attracted media attention in the U.S., Pascal Abidor has become embroiled in a drawn-out legal battle with the American government.

Abidor, a 28-year-old American and French dual citizen, was returning by train to Brooklyn in May 2010 when a U.S. Customs and Border Protection agent stopped him at the border in Champlain, N.Y.

The agent turned on Abidor's computer and found photos of rallies by the Hamas militant group. He says he explained that he had downloaded them from Google as part of his McGill University doctoral dissertation on the modern history of Shiites in Lebanon.

When Abidor's laptop was returned 11 days later, there was evidence that many of his personal files had been opened, he said. A federal judge heard arguments in July 2011 by the U.S. government for throwing out the lawsuit. The judge has yet to rule on whether he will dismiss the case. THE CANADIAN PRESS

Escalating costs

Jets' price tag not news to MacKay

Defence Minister Peter MacKay says he was aware two years ago that it would cost closer to $25 billion to buy a new fleet of F-35 stealth fighter jets.

That's about $10 billion more than the nearly $15 billion the government has maintained would be the price of the 65 radar-evading aircraft.

MacKay was asked on CTV's Question Period whether he was aware of the higher internal number. He said the higher number takes into account the ongoing cost of pilots' salaries and other costs associated with operating the current fleet of CF-18 jet fighters.

"Yes, and it was explained to me just that way, that the additional $10 billion was money that you could describe as sunk costs, that is what we're paying our personnel, and the fuel that is currently being expended in CF-18s, jet fuel, maintenance costs, what we are currently spending," MacKay said. THE CANADIAN PRESS

Staffords mark third anniversary of Tori's disappearance

Victoria (Tori) Stafford's father, Rodney, and her brother, Daryn, visit her grave in Woodstock, Ont., on Sunday. DAVE CHIDLEY/THE CANADIAN PRESS

It has been three years since eight-year-old Victoria Stafford vanished outside her school in Woodstock, Ont., and in the midst of the trial of the man accused in her death, her family is spending a quiet day marking the grim anniversary.

Her father, Rodney Stafford, and his family are to pay a visit to Tori's grave, as they have done most days throughout the trial of Michael Rafferty in London, Ont.

April 8, 2009, was the day Tori never returned home from school and never would again.

It's tough to recall that day and the agonizing months that followed, before her body was discovered that July, but at the same time each April 8 is just another day without Tori, said Rodney Stafford.

Three years

"Yes, it's an anniversary, but I don't want to keep reliving that day."
Rodney Stafford, father of Tori
on anniversary of daughter's abduction

"Yes, it's an anniversary, but I don't want to keep reliving that day," he said.

"There's a deeper loss because she's gone, but at the same time there's more positive out there."

Since Tori disappeared, the community support for the family has been overwhelming, Stafford said.

On Easter Sunday in 2009 a candlelight vigil for Tori, then missing for four days, was organized and well over 1,000 people from Woodstock and beyond flooded a parking lot in town to pray for the girl's safe return.

That same day, court has heard, Terri-Lynne McClintic was arrested on a breach of probation.

She later confessed to abducting Tori and pleaded guilty to first-degree murder.

McClintic also faces a new, unrelated charge of assault causing bodily harm in connection with an incident last January at the Grand Valley Institution for Women, the prison where she is serving her sentence.

Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

The Staffords have attended every day of the trial, though they say it's difficult to listen to the allegations against Rafferty. The support of people across the country is one thing that keeps them going, they say.

They attended a charity race Friday in London, and were quite affected by a girl who wore a T-shirt in memory of Tori.

She placed first in the 12-and-under category, Stafford said.

"It was a tear-jerker, knowing the reason she was doing it," Stafford said. "It's proving that the story is affecting everyone, even kids."

Well-wishers ask what they can do to honour Tori's memory, and for now Stafford just hopes everyone can spend time with family, as he will.

"It's Easter weekend," he said.

"Enjoy it. Grab your kids close." THE CANADIAN PRESS

Election assault?

Education minister accuses constituent

Alberta's education minister said he was assaulted on Saturday while door-knocking at a home in the provincial election campaign, but the man who answered the door denied hitting him.

Thomas Lukaszuk said he was in his Edmonton-Castle Downs constituency when he knocked on the door of a home that displayed signs supporting the opposition Wildrose party.

The resident of the home, however, insists he never punched Lukaszuk and only touched him when the candidate refused repeated requests to leave. THE CANADIAN PRESS

Critical condition

Alberta sisters found in icy water

Police and emergency officials in Alberta say they don't know how long two young girls were submerged in icy water before they were found.

Police say the children, aged 3 and 5, fell through the ice on Friday morning on a rural property near Red Deer.

Family members found the two sisters and called emergency services.

EMS spokesman Adam Loria says the girls were unconscious and were rushed to hospital in Red Deer in critical condition, and were then transported by helicopter to Edmonton.

An update on the condition of the girls isn't available. THE CANADIAN PRESS

Return to winter

Maritimes hit with heavy snowfall

A spring storm cancelled Easter church services and caused power outages in parts of the Maritimes on Sunday.

Ian Hubbard, an Environment Canada meteorologist in Dartmouth, N.S., says more than 22 centimetres of snow fell in Moncton, N.B., while Charlottetown had to dig out of about 15 centimetres.

He says Nova Scotia's Colchester and Cumberland Counties saw 10 to 15 centimetres of snow, while Halifax and southern parts of the province were blanketed with five to 10 centimetres.

The winter weather caused power outages in parts of New Brunswick. THE CANADIAN PRESS

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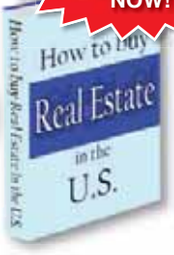

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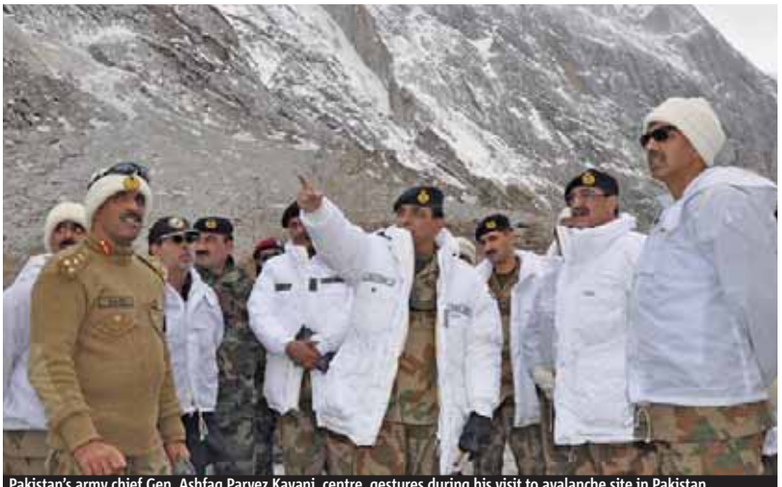
Rescuers dig through snow at avalanche site

Kashmir region. 24 hours later, workers had yet to find any of the 135 soldiers and civilians missing after snow swept army base


Pakistan's army chief Gen. Ashfaq Parvez Kayani, centre, gestures during his visit to avalanche site in Pakistan.
INTER SERVICES PUBLIC RELATIONS/THE ASSOCIATED PRESS

Rescue workers used bulldozers Sunday to dig through huge banks of snow following a massive avalanche a day earlier in Siachen that engulfed a military complex and buried at least 135 people.

Most of the victims were soldiers.

The avalanche occurred in a mountain battleground close to the Indian border.

More than 24 hours after the disaster at the entrance to the Siachen Glacier, no bodies have yet been recovered, said military officials.

The accident, whose site is on the northern tip of the divided Kashmir region claimed by both India and Pakistan, highlighted the risks of deploying troops in one of the most inhospitable places on Earth.

Troops have been posted at elevations of up to 6,700 metres and have skirmished intermittently since 1984. The glacier is known as the world's highest battlefield.

The army said 240 troops and civilians worked at the scene Sunday with the aid of sniffer dogs and heavy machinery.

Pakistan and India have fought three wars since 1947, two have been over Kashmir.

THE ASSOCIATED PRESS

Arrests in spate of five shootings in Tulsa. Black community terrorized

Police backed by a helicopter arrested two men early Sunday and said they would face murder charges in the recent shootings that terrorized Tulsa's black community.

Three people were killed and two others were critically wounded.

Police spokesman said the two men were arrested at a home just north of Tulsa, Okla. at about 2 a.m. Sunday and were expected to be charged with three counts of first-degree murder and two counts of shooting with intent to kill.

While police identified the men as white and all the victims are black, authorities have not described the shootings as racially motivated and declined to discuss that issue.

Community leaders, however, expressed concern about the motivation for the shootings on Tulsa's predominantly black north side, as well as the possibility that they would provoke a vigilante response.

The Rev. Warren Blakney Sr., president of the Tulsa chapter of the National Association for the Advancement of Colored People, a civil-rights organization, said that word of the arrests had provided a great sense of relief.

"The community once again can go about its business without fear of there being a shooter on the streets on today, on Easter morning," he said.

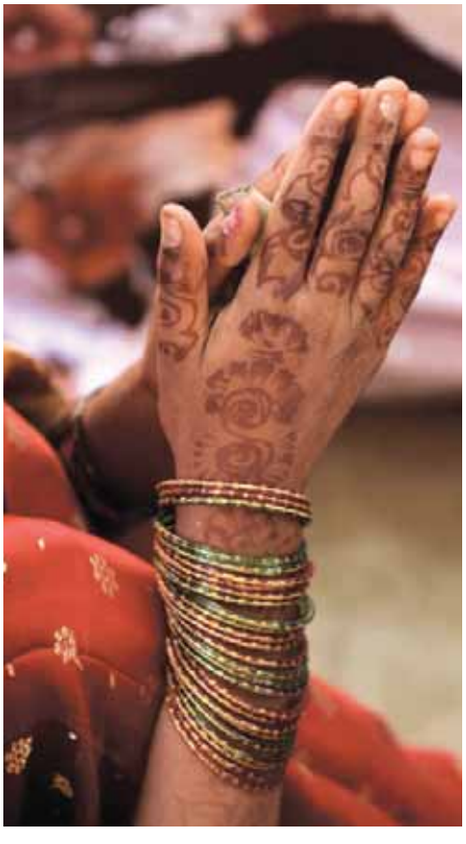
Police said they linked the shootings because they happened about the same time and within a few kilometres of each other. All five victims were out walking when they were shot. Four were found in yards, and one in the street.

Police have said they don't believe the victims knew one another. They identified the men in custody as Jake England, 19, and Alvin Watts, 32, but gave no hometowns for them.

Officers said they were taken early Sunday for questioning at a downtown Tulsa police station, where they would be booked and jailed.

Tulsa police Chief Chuck Jordan called the attacks vicious and cowardly. Police said they did not have a motive for the shootings.

THE ASSOCIATED PRESS



Pakistani prayers at Easter

A Pakistani Christian girl prays during Easter mass in a neighbourhood in Islamabad on Sunday.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Leaders of India, Pakistan talk peace

The leaders of India and Pakistan agreed in talks Sunday that their countries should adopt a step-by-step approach to resolve their differences and build on a recent thaw in their strained relations.

Indian Prime Minister Manmohan Singh and visiting Pakistani President Asif Ali Zardari said the meeting, their first in nearly three years, was friendly and constructive.

"Relations between India and Pakistan should become normal. That's our common desire," Singh told reporters after the private talks, at which no aides were present.

"We would like to have better relations," Zardari said.

Singh said he had accepted an invitation from Zardari to visit Pakistan as soon as mutually acceptable dates are worked out. Before Sunday, the two had not met since June 2009, when they met in the Russian city of Yekaterinburg.

"We have a number of issues, but we are willing to find practical and pragmatic solutions to all those issues," Singh said. "That's the message President Zardari and I would like to convey."

Although Zardari was in India on what was called a private religious trip, the one-day visit gave him a chance to meet Indian leaders amid a thaw in relations between the two countries.

He later visited Ajmer Sharif, a revered Muslim shrine in India's western state of Rajasthan.

Zardari's visit to India, the first by a Pakistani head of state in seven years, is the most visible sign that the two countries have put behind them the enmity that followed the 2008 attacks in the Indian financial capital of Mumbai. In those attacks, 10 Pakistani terrorists killed 166 people.

Singh told Zardari that "it was imperative to bring the perpetrators of the Mumbai attacks to justice and prevent activities aimed against India from Pakistani soil," said Indian Foreign Secretary Ranjan Mathai.

THE ASSOCIATED PRESS

Pakistan President Asif Ali Zardari waves as he visits a shrine in India.
MANISH SWARUP/THE ASSOCIATED PRESS

Nighttime raids

Afghans given authority over raids on homes

The U.S. and Afghanistan signed a deal Sunday giving Afghans authority over raids on Afghan homes. This resolves one of the most contentious issues between the two allies.

The majority of these raids are nighttime operations in which U.S. and Afghan troops descend without warning on homes or residential compounds, searching for insurgents.

The raids are widely resented by Afghans, and President Hamid Karzai had repeatedly called for a halt to all night raids by international forces.

Karzai has said for months that they would have to stop before he would sign a much-anticipated pact governing the long-term U.S. presence in Afghanistan. The U.S. says such operations are essential for intelligence.

THE ASSOCIATED PRESS

North Korea

Poised to launch a long-range rocket

North Korean space officials have moved all three stages of a long-range rocket into position for a controversial launch.

They vowed Sunday to push ahead with their plan in defiance of international warnings against violating a ban on missile activity.

The Associated Press was among foreign news agencies allowed a firsthand look at preparations underway at the coastal Sohae Satellite Station in northwestern North Korea.

North Korea announced plans last month to launch an observation satellite using a three-stage rocket during mid-April celebrations of the 100th anniversary of the birth of North Korean founder Kim Il Sung.

The U.S., Japan, Britain and other nations have urged North Korea to cancel the launch.

THE ASSOCIATED PRESS

60 Minutes' 'interrogator' Mike Wallace dies at 93

Obituary. Feared for his prosecutorial style, Wallace's reputation arrived for the interview before he did

"Mike Wallace is here to see you."

The 60 Minutes journalist's reputation as a pitiless inquisitor was so fearsome that it was often said that those were the most dreaded words in the English language, capable of reducing an interview subject to a shaking, sweating mess.

Wallace, who won his 21st and final Emmy Award at 89, died Saturday in the New Canaan, Conn., care facility where he had lived the last few years of his life. He was 93.

Wallace didn't just interview people. He interrogated them. He cross-examined them. Sometimes he eviscerated

The late Mike Wallace
TOBY TALBOT/THE ASSOCIATED PRESS FILE

And that's what motivated him."

Wallace made 60 Minutes compulsively watchable, television's first newsmagazine that became appointment viewing on Sunday nights. His last interview, in January 2008, was with Roger Clemens on his alleged steroid use. Slowed by a triple bypass later that month and the ravages of time, he retired from public life.

"Many people who weathered a Mike Wallace interview grew to respect him greatly and, you know, have great regard for him because I don't recall anybody ever saying to me, 'He took a cheap shot' or 'He did the obvious,' or that he was, you know, playing some kind of game," Fox News Channel chairman Roger Ailes said. "He actually was trying to serve the audience, and that's what made him great."

Late in his career, he interviewed Russian President Vladimir Putin, and challenged him: "This isn't a real democracy, come on!" Putin's aides tried to halt the interview; Putin said he was the president, he'll decide what to do.

Wallace died April 7 at the age of 93. THE ASSOCIATED PRESS

Vatican. Pope calls on Syria to put stop to ongoing violence

Pope Benedict XVI implored the Syrian regime Sunday to heed international demands to end the bloodshed and expressed hope that the joy of Easter will comfort Christian communities suffering because of their faith.

Benedict, struggling with hoarseness and looking tired, celebrated Mass on Christianity's most joyous holy day on the flower-adorned steps of St. Peter's Basilica, before a crowd of faithful that swelled to far over 100,000 by the end of the two-hour-long ceremony.

Only hours earlier, the pontiff, who turns 85 on April 16, had led a long nighttime vigil service in the church. There have been concerns over his health and he has recently used a cane in public appearances.

At the end of Sunday's Mass, Benedict moved to the basilica's central balcony to read his Easter message "to the entire world." THE ASSOCIATED PRESS

Pope Benedict XVI, seen here greeting the faithful at the Vatican on Sunday. OSSERVATORE ROMAN/THE ASSOCIATED PRESS

Peace plan for Syria delayed

A UN-brokered plan to stop the bloodshed in Syria effectively collapsed Sunday after President Bashar Assad's government raised new, last-minute demands that the country's largest rebel group swiftly rejected.

The truce plan, devised by UN-Arab League envoy Kofi Annan, was supposed to go into effect on Tuesday, with a withdrawal of Syrian forces from population centres, followed within 48 hours by a cease-ire by both sides in the uprising against four decades of repressive rule by the Assad family.

But on Sunday, Syria's Foreign Ministry said that, ahead of any troop pullback, the government needs written guarantees from opposition fighters that they will lay down their weapons.

The commander of the rebel Free Syrian Army said that while his group is ready to abide by a truce, it does not recognize the regime "and for that reason we will not give guarantees."
THE ASSOCIATED PRESS

Nigeria. Suicide bomber kills at least 38 in capital city on Easter Day

A suicide car bomber detonated his explosives on a busy road after apparently turning away from attacking Nigerian churches holding Easter services, killing at least 38 people in a massive blast that rattled a city long at the centre of religious, ethnic and political violence in the nation.

The blast Sunday morning struck Kaduna, the capital of Kaduna state, leaving charred motorcycles and debris strewn across a major road in the city where many gather to eat at informal restaurants and buy black-market gasoline. Nearby hotels and homes had their windows blown out and roofs torn away by the force of the powerful explosion.

The explosion damaged the nearby All Nations Christian Assembly Church and the ECWA Good News Church as churchgoers worshipped at an Easter service, the possible target of the bomber. THE ASSOCIATED PRESS

A man walk past a damaged car at the site of a bomb explosion at a road in Kaduna, Nigeria, on Sunday. EMMA KAYODE/THE ASSOCIATED PRESS

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Carney urges smarter development of natural resources

Exports. Natural-resource industry needs to ensure it is being paid global rates for its products, Bank of Canada governor says

Bank of Canada Gov. Mark Carney
FRANK GUNN/THE CANADIAN PRESS

Part of the solution to Canada's poor export performance lies with natural resources, but simply pumping oil out the door won't suffice, says the governor of the Bank of Canada.

Mark Carney recently chastised Canadian business for being trade laggards since the 2008 recession, saying they have not done enough to infiltrate growing markets.

Carney said opportunities in natural resources abound in Canada, but they need to be developed quickly, efficiently — and sustainably.

"These opportunities exist at a time when there are other opportunities in other jurisdictions, other countries. So there is an element of competition here, and we need to be appropriately efficient in their development," Carney said in an interview with The Canadian Press.

Canadian business should count on commodities prices and the Canadian dollar staying relatively strong over the long term and calculate their costs and revenues accordingly, he said.

"The scale of the natural resources opportunities are huge (and) should be developed in a sustainable way," he stressed, opting to use the term "sustainable" at a time when federal budget directives dropped the notion of sustainable development and replaced it with "responsible" exploitation of resources. THE CANADIAN PRESS

Pipeline. Aboriginals growing more dismayed with hearings process

The federal government's decision to put a cap on how long environmental-assessment hearings can drag on isn't expected to affect the Northern Gateway pipeline project, but aboriginal reaction to the change probably will.

Natural Resources Minister Joe Oliver says Ottawa isn't planning to fast-track the approval process for the proposed $5.5-billion pipeline, despite his government's announcement in last month's budget they would limit project reviews to 24 months.

The Gateway assessment was always scheduled to be completed within that time frame.

But aboriginal leaders in British Columbia say they are becoming increasingly dismayed with the public-hearing process and are now seriously considering bypassing the hearings and heading straight to court.

Coastal First Nations spokesman Art Sterritt said the cancellation of a day and a half of scheduled review-panel hearings in the central B.C. coastal community of Bella Bella last week signalled to many aboriginals that Ottawa has already heard enough from Northern Gateway's opponents.

"My guess is they are now going to try and shut it down by the fall," said Sterritt, whose organization is an alliance of about a dozen First Nations along B.C.'s north and central coasts and Haida Gwaii.

THE CANADIAN PRESS

Panel process

- A three-member panel is assessing the environmental effects of the project and is reviewing the Enbridge application under both the Canadian Environmental Assessment Act and the National Energy Board Act.
- Under the act, the panel will decide if the project is in the public interest. It will assess its environmental effects and make recommendations to the Conservative government.

Safety concerns

Ford recalls Focus vehicles

Ford is recalling more than 140,000 Focus compact cars because the passenger-side windshield wiper can fail.

U.S. federal-safety regulators say a seal in the wiper motor wiring may be missing. Water can get inside and cause the wiper to stop working, increasing the risk of a crash.

There are 19,062 Focus vehicles in Canada that are involved in the recall.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.62¢ US (+0.26¢)

TSX 12,103.11 (-75.55)

OIL $103.31 US (+$1.84)

GOLD $1,630.10 US (+$16)

Natural gas: $2.089 US (-5.2¢)
Dow Jones: 13,060.14 (-14.61)

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Paying attention to those feelings is part of dealing with your mental health. The more you look after it, the healthier your life will be. Sadly, some people live with those feelings every day. Even worse, they must live with the stigma and lack of support that goes with it. Mental health in Canada must change. It will take all of us to make it happen.

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WORLD'S TOUGHEST JOB, PENS DOWN

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

What's the toughest job in the world?

If you think the answer is Lindsay Lohan's parole officer, you'd be close, but surely the toughest job in the world is the mediator in the labour dispute between the B.C. Teachers' Federation and the provincial government.

Victoria and the teachers have been at odds for nearly a year; Victoria is from Mars while the BCTF is from Neptune. The teachers want a 15 per cent wage hike over the next three years; Victoria believes a compromise is in order and has offered 0.

That's zero, as in nothing, nada, none.

The teachers want all kinds of other stuff that must be standard on Neptune. I particularly like the provision for 10-days' bereavement leave for … anyone. "I'm not coming in for the next 10 days. The death of Kim Jong-il has hit me harder than I expected."

A slim chance

Why would anyone, upon appointment, call the assignment "mission impossible" and go on to tell an eager, waiting media that he's not hopeful but will give it an honest try?

Into this mess comes Dr. Charles Jago. His job as mediator is to persuade both sides to accept a reasonable compromise and get on with the vital job of providing our children, the future of British Columbia (and who knows, the world?), with a decent education.

Many people are pinning their hopes on Dr. Jago, because if we have to hear one more ad about how Victoria or the BCTF are really behaving like children for the sake of the children, we're going to lose our collective lunch.

But Dr. Jago hasn't got a prayer. For one thing, he was appointed by the education minister; for another, he wrote a report in 2006 that is in accord with the government's point of view; for another, he contributed to the B.C. Liberals by entering two fundraising golf tournaments at $1,000 a pop; and for another, he imprudently told BCTF negotiators he helped "wordsmith" Bill 22, the instrument ordering the union back to work.

And for another other, the BCTF is protesting to the labour board that his appointment smacks of bias and a flawed process. And that's before he even gets mediating.

Consider, too, that Dr. Jago has no experience for the world's toughest job — or any mediation, for that matter. Which is maybe why he hasn't learned to keep his foot on the floor and out of his mouth. Why would anyone, upon appointment, call the assignment "mission impossible" and go on to tell an eager, waiting media that he's not hopeful but will give it an honest try?

And for this hopeless gesture, We The Taxpayers are paying him $2,000 a day. Until August. At least.

Maybe it's not the toughest job in the world, after all.

Worth mentioning. Need a special figurine for your wedding cake? Call Alberta

Spring brings showers, flowers, and dreams of the perfect wedding, complete with the perfect table settings, decorative bows, aisle runners and stationary holders.

But many couples heading for the altar might be surprised to learn that the founder of the global company that's supplying the decorations for their special day — right down to personalized bride-and-groom figurines for their wedding cakes — got his start in the business when he was still playing in the rough-and-tumble world of junior hockey.

Meet Rick Brink of Weddingstar, a company with 70 employees and warehouses in North America, Europe and Australia with its headquarters in an unlikely location — just outside Medicine Hat, Alta.

THE CANADIAN PRESS

Retracing Titanic's path

ALASTAIR GRANT/THE ASSOCIATED PRESS

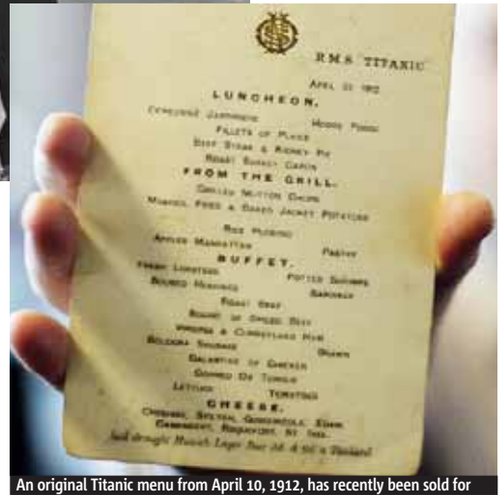
A mockup of a first-class dining table from the Titanic is seen in the check-in area for the MS Balmoral Titanic memorial cruise.
ALASTAIR GRANT/THE ASSOCIATED PRESS

All aboard

Cruise recreates experience 100 years later

Mary Beth Crocker Dearing and her husband Tom Dearing from Newport, Ky., pose for the media in period costume as they wait to board the MS Balmoral cruise ship in Southampton, England, on Sunday.

Nearly 100 years after the Titanic went down, a cruise with the same number of passengers aboard is setting sail to retrace the ship's voyage, including a visit to the location where it sank. The Titanic Memorial Cruise departed Sunday from Southampton, where the Titanic left on its maiden voyage. Organizers are trying to recreate the onboard experience minus the disaster from the food to a band playing music from that era. THE ASSOCIATED PRESS



An original Titanic menu from April 10, 1912, has recently been sold for $122,000 US as part of a unique exhibition on display at Belfast City Hall, Northern Ireland. PETER MORRISON/THE ASSOCIATED PRESS

Metropolitan Panel

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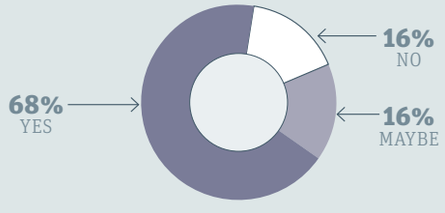

Twitter

@anellaphant: Presidents Trophy 2 years in a row, way to go #Canucks. #alwaysonthebandwagon

@MathosaurusRex: What was that, Canucks win a second straight Presidents Trophy. Oh Stanley please be the next for us faithful.

@geektrooper: IT'S STANLEY CUP PLAYOFF TIME! Looks like the Los Angeles Kings got the Vancouver Canucks in the first round. No problem.

@illaydillay: Honestly, I think the LA Kings can beat the Canucks in the first round. #realtalk

@Benjamin_hugh: I am officially retracting my last years statement where I said: "Whenever the Canucks win the Stanley Cup I will get a tattoo"

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Our Lady Peace released their latest album, Curve, last week. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Our Lady Peace had a clumsy path to new disc

Transformation. Band came to the brink of a breakup before enlisting the help of a new producer who helped them push their sound forward

The past decade hasn't been an entirely peaceful time for Our Lady Peace.

Frontman Raine Maida concedes that diminishing record sales, a hobbled industry and an occasional feeling of creative aimlessness brought the Toronto band closer to the brink of a breakup than they've otherwise been in nearly 20 years of playing together. But Maida says the alt-rock quartet stayed united in large part because they could sense a creative breakthrough was around the corner, and he feels they've found it with new disc, Curve. "I think the last 10 years were probably the most tumultuous, and we never broke up because even when we were really on the cusp of it — of walking away from this — because we hadn't made this record," Maida said during a recent interview in Toronto. "I think we all really knew in our hearts we hadn't got there yet."

The transformative process began the first time the band got into a room with producer Jason Lader (known for helming discs by Maroon 5, Rilo Kiley and Elvis Costello), who was blunt in summing up his thoughts on some of the material the band was working with at the time.

Toughing it out

"I think we all really knew in our hearts we hadn't got there yet."

Our Lady Peace frontman Raine Maida on the band sticking together through tough times so they could put out their latest album, Curve.

And Maida said it was crude candour, not tact, that the band needed. "It's like when you're in a relationship for a long time with someone — it gets harder and harder to pull the right things out of people," he said. "I can only push Jeremy (Taggart) so hard as a drummer and he's only going to say certain things to me as a lyricist ... it's all baby steps. But then we brought Jason in and it's like no baby steps. No filter. 'This sucks. You guys don't listen to this kind of music, why would you make a record like this? Let's challenge you."'

For Maida, the process meant revisiting records that inspired him — early Peter Gabriel and David Bowie — to draw inspiration. The band pushed to find deeper grooves, unusual rhythms and new textures, adding keyboards (or guitars that sounded like keyboards) and new vocal wrinkles to subtly tweak their sound.

It was important to Maida that the band not stray too far from their traditional sound, but instead push it forward.

Largely, the new tunes sound a little subtler, a little funkier. The supple Window Seat slowly heats to a boil, Fire in the Hen House dances atop a nimble bassline while album-closer Mettle mixes spoken-word recordings over delicately plucked guitar strings.

The recordings in question came from conversations conducted with 74-year-old Canadian boxing legend George Chuvalo. Maida — a lifelong fan of boxing and mixed martial arts — went to Chuvalo's home with a tape recorder to talk about the boxer's life, which was racked with hardship. Chuvalo lost three of his sons to suicide or addiction and his first wife also took her own life. "There's so much depth to George," Maida said. "He's a fighter in and out of the ring."

THE CANADIAN PRESS

2 SCENE

Box office

Easter feast for Hunger Games

Film fans are still forking over for The Hunger Games, which has taken in $33.5 million to lead the box office for a third-straight weekend. According to studio estimates Sunday, The Hunger Games raised its domestic total to $302.8 million. It easily out-earned two returning favourites, the American Pie sequel American Reunion and a 3D version of the blockbuster Titanic. Both newcomers opened solidly, though. American Reunion pulled in $21.5 million, the lowest haul since the 1999 original but still a decent return for a comedy franchise whose last chapter came nine years ago. Titanic in 3D reeled in $17.4 million over the weekend, raising its domestic take to $25.7 million since opening Wednesday.

THE ASSOCIATED PRESS

On the web

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Jason Trawick to share legal control over Britney Spears

Britney Spears ALL PHOTOS GETTY IMAGES

Poor Britney Spears. Sure, she's a famous millionaire, has two cute kids (we can overlook for a moment with whom she had them), and a killer body.

But she's still apparently incapable of looking after her own affairs.

It was announced over the weekend that her fiancé, Jason Trawick, has reportedly filed a petition to be added as one of her conservators, according to E! News.

If approved, Trawick would be in charge of Spears' general well-being, while the singer's father would still be in charge of her multimillion-dollar fortune. Per People, a conservator like Trawick has the legal authority to make decisions over a person's food, clothing and medical care.

Since 2008, Spears' father has held legal control over her, her career, and her fortune after the singer suffered a psychological breakdown.

Sad. Usually you hope a marriage will be an equal partnership in all affairs, but it seems like Spears, 30, is still so medicated/sick that she's incapable of self-sufficiency. This is what America does to its famous young women. Amanda Bynes, take note.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Amanda Bynes arrested for DUI

THE WORD
Dorothy Robinson
scene@metronews.ca

Nickelodeon star Amanda Bynes, 26, showed she isn't that innocent by pulling a very Lohan-esque move over the weekend: She drunkenly careened into a police car in the wee hours of Friday morning.

According to People magazine, the Hairspray actress was arrested for driving under the influence in Los Angeles after colliding with a police car at around 3 a.m. on Friday, after partying at L.A.'s Greystone Manor Club.

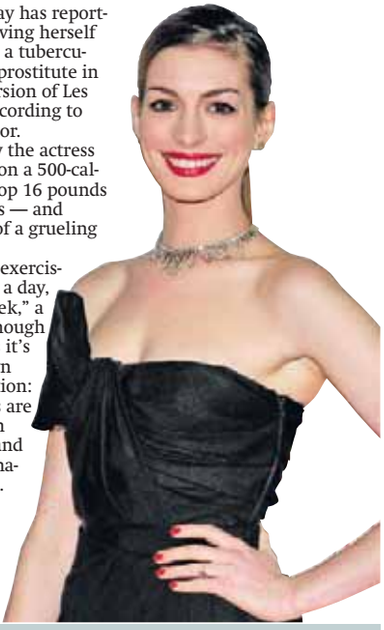
"A Los Angeles County Sheriff's Deputy in a marked black and white radio car was stopped at the intersection of ... Robertson Boulevard and Santa Monica Boulevard preparing to turn right onto Santa Monica Boulevard when a black BMW driven by actress Amanda Bynes attempted to pass the right of the radio car, colliding with the right rear quarter panel of the radio car," the West Hollywood Sheriff's office said in a statement.

"There was minor paint transfer damage to both vehicles. Amanda Bynes was subsequently arrested for driving under the influence and booked at West Hollywood Sheriff's Station."

The actress sported pink-highlighted hair in her mug shot, and after posting $5,000 for bail, she was spotted the next day in the same leg-baring outfit to retrieve her BMW from an impound lot, according to TMZ.

Look on the bright side, Bynes: The "I'm not drunk. I'm just kinda over it and bored" face you're trying to work in your booking photo is some of the best acting work you've done in years.

Hathaway really dedicated to film role?



Anne Hathaway has reportedly been starving herself for her role as a tuberculosis-stricken prostitute in a new film version of Les Miserables, according to the Daily Mirror.

Sources say the actress has subsisted on a 500-calorie diet to drop 16 pounds in three weeks — and that's on top of a grueling gym regimen.

"Anne was exercising two hours a day, five days a week," a source says, though her rep insists it's all being blown out of proportion: "The numbers are exaggerated in both pounds and calories," Hathaway's rep says.

Heidi Klum

Stick a fork in it: Klum and Seal are done

There goes any hope for a reconciliation: Three months after announcing their separation, Heidi Klum has officially filed divorce papers against husband Seal in California, citing "irreconcilable differences," according to TMZ. The couple's prenuptial agreement reportedly ensures they'll retain separate property and assets, and Klum is seeking primary custody of the couple's four children, with visitation rights for Seal.

Will Hunger Games director helm the sequel?

After introducing the blockbuster franchise, director Gary Ross will reportedly not be returning to helm the second Hunger Games film, according to the Playlist.

Ross and the franchise's studio, Lionsgate, were involved in a "tough" back and forth over the deal for Catching Fire, the second installment in Suzanne Collins' book series. Ross was reportedly paid $3 million for the first film, plus five per cent of its profits. Deadline's Nikki Finke, however, insists the reports are premature, and that Ross has been on vacation with his family while the news of his walking away from the franchise has spread.

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After 11 years of marriage, Brian and Kathryn Quinn renewed their wedding vows. DEANNA FENECH/ THE ASSOCIATED PRESS

Walk down the aisle faithfully (again)

Vow renewal. Saying, 'I do' a second (or third) time reminds couples of how far they have come

Kathryn Quinn of East Lansing, Mich., is approaching her 11-year anniversary. She and her husband recently renewed their vows on a trip to the Virgin Islands.

"I'm so glad we did it," she said. "This was our first trip away from our children. It was at a beautiful location. The vow renewal was meaningful, and gave us a chance away from our daily life to really celebrate our time together and be grateful for our relationship."

Recommitting to a relationship through vow renewals is becoming more popular, said Susan Southerland, president of Just Marry!, Inc. wedding planners in Orlando.

"In the last three to five years, they've become extremely popular. We've always done one or two throughout the year, but all of a sudden it's become a huge request."

Winifred Brunston of Lancaster, Calif., lost her husband last year. She enjoys looking back to their 35th anniversary, in 2004, when they renewed their vows in the same small church where they got married.

Brunston feels marriage vows mean more over the years because "it lets the spouse know you still love them enough to marry them again."

Anja Winikka, editor of the wedding TheKnot.com, believes one reason for the spike of interest in vow renewals is that some celebrity couples have done it.

Tori Spelling and Dean McDermott filmed their vow renewal for their reality TV show. Holly Robinson Peete tweeted photos after she and former NFL quarterback Rodney Peete recently celebrated their 17-year anniversary by renewing their vows on top of the Empire State Building in New York. Mariah Carey and Nick Cannon are the most consistent; they renew their vows every year.

"You hear about it, and just like any trends in the wedding industry and in decor and fashion, celebrities certainly do influence us in that way," says Winikka.

Southerland says she recently helped a couple who renew their vows every year. "It's always a surprise, and the husband plans it," she said.

Whether you renew your vows annually or just once, in a small ceremony or as part of a vacation, the cost of saying "I do — again" can vary.

"You can do something that's very simple, that's just the husband and wife standing up with a photographer, and that can be less than $1,000. Or you can do something where you've invited a bunch of people. I've had people spend upwards of 50 or 60 thousand," Southerland said. THE ASSOCIATED PRESS

The Web

When kids google you

While I'm proud to be a mommy blogger, I recently found myself in a position where I actually thought, "Crap, I think I may have to stop writing about motherhood." This was thanks to Google. Or rather, thanks to my daughter, who recently learned what Google search is and how to use it.

It started when, inspired by her future stepsisters who told her dolls cannot talk, she Google searched "Are stuffed animals real?" One of the things that came up was a post I had written about how my daughter freaked out when she took Ellie (her stuffed animal) into a pool and poor Ellie drowned. (Of course I gave Ellie mouth-to-mouth and she was fine.)

She read the piece. Then: Tears. Lots and lots of tears. "Why did you write that?" my daughter asked, crying, as the truth sunk in. My heart broke.

No matter how open and close I am with my daughter, I just know I'll have a lot of explaining to do one day thanks to all my writing about her. I'm trying to look at the positives, and there is only one thing I can come up with. I've never had a sex tape leaked. And I never plan to film a sex tape. And, I suppose, I'm glad she can… read?

REBECCA ECKLER, MOMMYISH.COM

3 LIFE

Casting Call

Say Cheese for Gap

Gap is looking for the next faces of BabyGap and GapKids.

Up to five photos and a description of babies ages four and under or kids ages five to 12 can be posted at gap.com/castingcall between April 2 and 22.

Winners will receive a $1,000 gift card to Gap and a $10,000 donation made in their name to Communities in Schools, a Canadian NFP helping kids to stay in school.

DELIA MACPHERSON, METRO

On the Web

Divorce expo a low-key counterpoint to multi-million-dollar wedding industry

BLAH HURT NUMB ANGRY ANXIOUS DOWN NOT myself TODAY

EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

Find out why paying attention to those feelings is an important part of dealing with your mental health, and why mental health in Canada must change.

Scotiabank partnersformentalhealth TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

Upgrade these casual bites

This recipe serves two to four. THE CANADIAN PRESS H/O

Chicken Fingers. Kids will love dipping these bites into the Caesar Mayonnaise

These chicken fingers will make a perfect weeknight supper. Children love them, so you will have an enthusiastic audience, and the adults in the crowd will appreciate them as well.

The chicken fingers have a kicked-up crust and tasty Caesar dipping sauce to serve them up with.

Toss in some chopped romaine lettuce for a new twist for your next Chicken Caesar Salad.

Ingredients

- 2 boneless, skinless chicken breasts
- 125 ml (1/2 cup) whole wheat flour
- 125 ml (1/2 cup) mayonnaise
- 250 ml (1 cup) whole-wheat or panko breadcrumbs
- 10 mL (2 tsp) grated lemon rind
- 5 ml (1 tsp) cajun spice
- 2 ml (1/2 tsp) garlic powder
- Pinch each salt and freshly ground pepper

Caesar Mayonnaise

- 125 ml (1/2 cup) mayonnaise
- 30 ml (2 tbsp) freshly grated Parmesan cheese
- 15 ml (1 tbsp) chopped fresh parsley
- 5 ml (1 tsp) chopped capers
- 5 mL (1 tsp) grated lemon rind
- 5 ml (1 tsp) lemon juice
- Pinch each salt and pepper

1. Cut chicken into strips and dredge in flour. Coat chicken with mayonnaise.

2. In a shallow dish, mix together breadcrumbs, rind, cajun spice, garlic powder, salt and pepper; toss chicken in mixture to coat evenly.

3. Place chicken strips on a parchment paper lined baking sheet. Bake in 200 C (400 F) oven for about 25 minutes, turning them halfway or until no longer pink inside. Serve with Caesar Mayonnaise.

4. Caesar Mayonnaise: In a bowl, whisk together mayonnaise, cheese, parsley, capers, lemon rind and juice, salt and pepper.

THE CANADIAN PRESS/ HELLMAN'S/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE VISIT EMILYRICHARDSCOOK.CA.)

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Red Lobster is a seafood favourite for many families thanks to its seemingly endless options. Just be careful what part of the menu you're ordering from.

Admiral's Feast

1,280 calories/ 73 g fat/ 4,300 mg sodium

This is no feast if you're watching your weight. Most of the dish is deep fried, accounting for a day's worth of calories and fat, and three days of sodium.

Equivalent

One Admiral's Feast is like eating five Arby's roast beef sandwiches in fat.

Ultimate Feast

600 calories/ 28 g fat/ 3,660 mg sodium

A much better choice since you're getting virtually all steamed seafood, including lobster, shrimp and crab legs, is the Ultimate Feast.

Fire up the grill for Hot Dogs with Chili

A spiced up and smoky chili atop a hot dog can sure hit the spot on a semi-warm spring night. It's also a great way to fire up the grill in preparation of warmer evenings ahead.

If there is no time to make the chili before your dinner guests arrive or before the kids come back from their extracurricular activities, be sure to use some leftovers you have in the fridge to jazz up your dog.

Some favourites are onions, sauerkraut, pickles, and relish but you can also add cheese and unique ingredients like avocado.

1. In a large skillet over medium heat, heat the two slices of bacon and half of the onion, stirring occasionally for about 5 minutes or until the bacon is crisp and browned. Add the jalapeno pepper and minced garlic and cook for about 1 minute. Add the ground sirloin and cook stirring and breaking up the meat with the side of a spoon, for about 5 minutes.

2. Add the chipotle chili, paprika, cumin and salt and mix well. Stir in the tomato sauce and beer; bring everything to a simmer. Reduce the heat to medium-low and simmer, stirring occasionally, for about 10 minutes or until liquid thickens; keep warm.

3. Prepare your grill for direct and indirect cooking over medium heat, 180 to 230 C (350 to 450 F).

4. Cut a few shallow slashes in each hot dog. Wrap the hot dog buns in a foil packet.

5. Grill the hot dogs over the direct medium heat, with the lid closed as much as possible, turning occasionally for 5 to 7 minutes or until the hot dogs are lightly marked on the outside and hot all the way to the centre.

6. During the last 3 minutes of grilling time, warm the packet containing the hot dog buns over indirect medium heat.

7. Place the hot dogs in the buns. Top each one with chili, cheese and remaining chopped onion. Serve warm.

WEBER'S TIME TO GRILL BY JAMIE PURVIANCE/ THE CANADIAN PRESS/ THIS RECIPE WAS ADAPTED FOR METRO NEWS BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOK.CA)

Ingredients

- 2 slices bacon, finely chopped
- 1 medium white onion, finely chopped, divided
- 15 ml (1 tbsp) minced jalapeno pepper
- 10 ml (2 tsp) minced garlic
- 500 g (1 lb) ground sirloin
- 1 canned chipotle chile in adobo sauce, chopped, or 5 ml (1 tsp) chipotle chili powder
- 5 ml (1 tsp) smoked paprika
- 2 ml (1/2 tsp) each ground cumin and kosher salt
- 1 can (277 ml/8 oz) tomato sauce
- 125 ml (1/2 cup) lager beer, beef broth or water
- 8 all-beef hot dogs (each about 125 g/4 oz)
- 8 hot dog buns
- 250 ml (1 cup) grated sharp cheddar cheese

BLAH HURT NUMB ANGRY ANXIOUS DOWN NOT myself TODAY

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Intelligent water pumps can result in significant cost savings — and help the environment. ISTOCK IMAGES

Getting water into your glass might be more costly than you think

Water pumps. Old, inefficient technology hurts the environment and wastes money

BEN KNIGHT
life@metronews.ca

Water is heavy. And it wants to move in one direction: down.

Human civilization needs water to go up — to the top floors of houses, office blocks, schools, apartment buildings and skyscrapers.

That takes an enormous amount of energy. Studies show about 18.5 per cent of all electrical power is expended moving water — and much of it is being wasted.

So says Jes Munk Hansen, North American president of Grundfos, the world's largest producer of water pumps.

"If you go into a hotel or school or bank and look at their mechanical room, you will see electric pumps that are typically quite old — technology from the '50s and sometimes earlier," he says.

"These pumps are not only inefficient by themselves, they basically run all the time because they don't have intelligence to tell them when to run. It's as silly as leaving your car engine running all night."

Hansen says this is a problem that actually feeds on itself. We need energy to move water, and water is essential to producing energy.

"What makes our pumps special is that the motors have added software and electronics. (We make) intelligent pumps that only consume the energy they absolutely need to."

It's a problem most of us aren't even aware of. Hansen says a significant part of his company's work is simply educating landlords that this huge, expensive problem exists in the first place.

Wasted power

18.5%

The approximate percentage of all the electrical power produced on Earth that is consumed by water pumps.

Reducing consumption

Hansen says the bigger a nation's economy, the more energy is consumed pumping water. He also says Europe is a decade ahead of North America in addressing it.

- **"There are technologies available today that can solve this," he says.** "Consumers can save on their utility bills, the local municipalities and utility companies can reduce their resource consumption, and we make good business out of this. This is also about creating new green jobs."

The potential savings are staggering. "If the starting point is that almost 20 per cent of all electricity is consumed by water pumps, imagine if we can take out ... a quarter of that," says Hansen. "That would be an enormous amount, the equivalent of many, many power plants — many nuclear plants."

Queen of Green

The green way to clean stainless steel

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What's a non-toxic cleaner for stainless-steel appliances like my fridge?
Eileen, Ottawa

Did you know Canadians spend more than $275 million a year on household cleaning products?

We buy these products to fight germs, streaks, stains and odours to keep our homes sparkling clean. But despite what the TV commercials tell us, we don't need a separate stainless steel cleaner, floor cleaner, tub and tile cleaner and counter cleaner. Save your money and simplify!

Choose the smallest number of eco-friendly, multi-purpose products that will help achieve your household cleaning goals. Speaking of simple, the best way to clean streaks, smears and smudges from stainless-steel appliances is to use food-grade cleaning ingredients — white vinegar and olive oil.

Step one: dampen a rag with plain olive oil. Then, wipe the surface of your stainless steel fridge. Step two: flip the same rag over and pour enough white vinegar to dampen. Now, wipe the stainless steel surface a second time — don't forget the fridge door handle.

Olive oil is great for lifting dirt. It also makes a great floor and furniture polish when you add a splash of lemon juice and a squirt of vinegar. And white vinegar will cut grease, deodorize and disinfect.

In the midst of a home-cleaning product detox? Take our survey at davidsuzuki.org/whatsinside and be entered to win fabulous prizes. We all win when we make eco-friendlier choices.

Use olive oil and vinegar to clean streaks and smears. ISTOCK IMAGES

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Includes downhill skiing & riding. Valid open to close 7 days a week. EXCLUDING Dec 26 - Jan 2 & weekends in Jan & Feb
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40% off Lift Tickets during exclusion days
40% off an Alpine Private Lesson
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THE VANCOUVER SUN

If you're feeling on the verge of a complete burnout, you may want to examine how attached you are to your current career. ISTOCK

Feeling confined to your cubicle? Beware of burnout

Down at your desk. Study finds workers who feel obligated to stay with their company more likely to experience stress.

Whether you feel a sense of obligation about your work or are staying on the job because you don't see an alternative, new research suggests the end result for employees could be the same: burnout.

According to Montreal researchers, the decision to stick with your company — whether by choice or because of slim pickings in the job market — can lead to emotional exhaustion, a chronic state of physical and mental depletion resulting from continuous stress and excessive job demands.

The study was conducted by Concordia University, Universite de Montreal and HEC Montreal. The findings were published in the journal Human Relations.

Concordia assistant professor and study co-author Alexandra Panaccio and her colleagues surveyed 260 workers from various industries, including information technology, health services, engineering and architecture.

Among participants — aged 34 on average — 33 per cent held managerial positions, while 50 per cent worked in the public sector.

The study found that people who stay in their organizations because they feel an obligation toward their employer are more likely to experience burnout.

A similar effect can also be seen among workers who stay the course because they don't see alternatives for employment outside their current organizations.

Researchers also measured various types of organizational commitments, like whether employees identified with a company's goals and values and whether they felt an obligation to stay.

"It may be that, in the absence of an emotional bond with the organization, commitment based on obligation is experienced as a kind of indebtedness — a loss of autonomy that is emotionally draining over time," said Panaccio in a release. THE CANADIAN PRESS

When feeling good feels bad

Researchers also observed that individuals with high self-esteem are most affected by a perceived lack of employment alternatives.

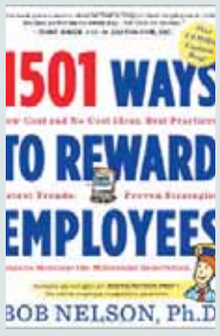
- The result is possibly because that perception is inconsistent with their self-view as important and competent people.

But why?

"It may be that, in the absence of an emotional bond with the organization, commitment based on obligation is experienced as a kind of indebtedness — a loss of autonomy that is emotionally draining over time."

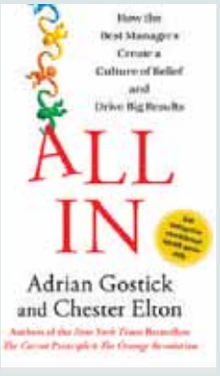
Alexandra Panaccio, assistant professor, Concordia University

On the shelf



1501 Ways to Reward Employees

A revamped and overhauled version of his former book 1001 Ways to Reward Employees, Bob Nelson authors a hands-on, how-to guide on motivating and rewarding employees in the trickiest work environments.



All In: How the Best Managers Create a Culture of Belief and Drive Big Results

Based mostly on a 300,000-person study conducted during the recession, All In is an analysis of management choices that lead to creating a distinctive workplace culture. This 'culture' is determined by a company's mission, values and goals, which are outlined in detail by authors Adrian Gostick and Chester Elton.

DELIA MACPHERSON

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Hockey

Canada gets first win over Finns

Canada bounced back at the women's world hockey championship on Sunday with a 3-2 win over Finland in Vermont.

Laura Fortino, Caroline Ouellette and Gillian Apps scored for Canada, while goaltender Shannon Szabados made 14 saves for the win.

Venla Hovi scored short-handed and Saija Tarkki also scored for the Finns.

Canada is 1-1 in the tournament after opening with a 9-2 loss to the host U.S. THE CANADIAN PRESS

English Premier League

United closes in on title with win

Manchester United closed in on a 20th English championship title on Sunday after Wayne Rooney and Paul Scholes scored in a 2-0 victory over 10-man Queens Park Rangers and title rival Manchester City lost at Arsenal.

With six rounds to go, an eighth straight league win put United eight points clear of City, which lost 1-0.

THE ASSOCIATED PRESS

NBA

Lin feeling good but still expects to miss Round 1

Knicks guard Jeremy Lin said Sunday he feels "pretty good" after knee surgery but doesn't think he could make it back for the first round of the playoffs.

"I think unless something goes really well, I wouldn't get there," Lin said before the Knicks played the Chicago Bulls.

THE ASSOCIATED PRESS

Bubba Watson celebrates his win on the second playoff hole on Sunday in Augusta, Ga. ANDREW REDINGTON/GETTY IMAGES

Bubba brilliant with Masters on the line

Golf. Watson makes remarkable shot from trees on playoff hole to secure green jacket

Quoted

"He hit an unbelievable shot there.... This is not one I felt like I played badly. Great stuff to him. He deserves it."

Louis Oosthuizen after losing in a final-round playoff to Bubba Watson at the Masters.

Bubba Watson started the day by watching the rarest shot in golf. He ended another thrill-a-minute Sunday at Augusta National with a signature shot of his own to win the Masters.

So deep in the trees right of the 10th fairway that he couldn't even see the green, Watson hooked a wedge off the pine needles from 155 yards to about 10 feet from the hole. That set up a par, good enough to beat Louis Oosthuizen on the second playoff hole.

"If I've got a swing, I've got a shot," Watson said.

It was Oosthuizen who set the tone for this wild day with a double eagle — only the fourth in Masters history — on the par-5 second hole when his 4-iron from 253 yards landed on the front of the green and rolled some 90 feet into the hole for a two.

"Somehow it fell in my hands today," said Watson, who closed with a 68. "It's amazing. It's a blur, the last nine holes I don't remember anything. Somehow I guess I cried all my tears out."

He was blubbering hard on the 10th green, shoulders heaving, for so many reasons. Just two weeks ago, he and his wife adopted a baby boy, Caleb. The first person on the green was his mother — his father died right after the Ryder Cup in 2010. And suddenly, the powerful lefty with a million shots in the bag was a major champion.

"I never got this far in my dreams," Watson said in Butler cabin, where defending champion Charl Schwartzel helped him into the green jacket.

Former British Open champion Oosthuizen was trying to join Gene Sarazen in the 1935 Masters as the only major champions to win with a double eagle in the final round.

THE ASSOCIATED PRESS

4 SPORTS

Quoted

"Sure, we're in a tough division, but we have talent. We have to hope for good health. If that happens, we don't need guys to do crazy, overboard things to win. If everybody does what is expected, we should have a good year. If we just do our jobs, we should be fine."

Toronto right-fielder Jose Bautista on the Blue Jays' chances in the AL East this season. The Blue Jays just missed a sweep of the Cleveland Indians in their season-opening series with 4-3 loss on Sunday.

On the web

The Pittsburgh Penguins and Philadelphia Flyers kick off the NHL playoffs on Wednesday and the animosity between the long-time rivals has only gone up over the past week. The war of words continued Sunday and Flyers forward Scott Hartnell says he expects a "bloodbath" when the series gets underway. Scan the code for the story.

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Familiar foe awaits Canucks in Round 1

Canucks forward Ryan Kesler watches teammate Daniels Sedin's goal go in past Kings goaltender Jonathan Quick at Rogers Arena during the regular season. RICH LAM/GETTY IMAGES FILE

NHL. Los Angeles Kings heading to Vancouver for rematch of 2009-10 first-round clash

The Vancouver Canucks are looking forward to staying on the West Coast in the first round of the Stanley Cup playoffs.

Starting Wednesday, the Canucks will renew their post-season rivalry with the Los Angeles Kings in Vancouver.

The Canucks will have short flights to Los Angeles, a potentially key factor in the likely event that the series extends beyond the minimum four games and the teams have only a one-day break before each of the last three games.

"Every team in our conference is going to be a battle, so it's good that we're staying in the same time zone," said Vancouver defenceman Alex Edler. "It can't hurt."

The Canucks meet the Kings in the opening round for the second time in three years. In the 2009-10 post-season, Vancouver prevailed over Los Angeles in six games.

For the second straight season, the Canucks finished first in the Western Conference. The Kings drew Vancouver after battling just to get into the playoffs and finishing in eighth place in the West with a 40-28-14 mark.

The Canucks enter the playoffs on a roll, having won eight of their past nine games, including seven straight at home. All of the wins have come without injured scoring star Daniel Sedin (concussion).

The Kings are a modest 6-3-2 in their past 11. They drew the Canucks after losing their regular-season finale to the San Jose Sharks on Saturday. Had the Sharks lost, they would have played Vancouver.

"We've had a little bit of a rivalry with them the past two years," said Kevin Bieksa. "We beat them in the playoffs a couple years ago. It kind of started from there."

Since the Canucks playoff win two years ago, many of the faces on the Kings bench have changed. The most significant is behind the bench, where Darryl Sutter took over from the fired Terry Murray earlier this season.

Other notable additions include forwards Mike Richards and Jeff Carter, who formerly played together in Philadelphia. THE CANADIAN PRESS

Presidents' choice

Henrik Sedin broke out of a lengthy scoring slump and helped lead the Vancouver Canucks to their second straight Presidents' Trophy.

- Sedin provided the only goal the Canucks needed as they clinched first place overall in the NHL with a 3-0 victory over the Edmonton Oilers on Saturday night. It was Sedin's first goal in 23 games.
- The Canucks won the Presidents' Trophy for the second straight season as they finished the 2011-12 campaign with a 51-22-9 record.
- They caught a break earlier Saturday as the New York Rangers lost to the Washington Capitals and opened the door for Vancouver to take top spot overall. New York held the advantage on tiebreakers.

Canadian skip Glenn Howard celebrates with third Wayne Middaugh after winning the men's world curling title on Sunday. HANDOUT/MICHAEL BURNS/THE CANADIAN PRESS

Curling. Howard tops Scotland for fourth world title

Canada's Glenn Howard defeated Scotland's Tom Brewster 8-7 to win the gold medal Sunday at the world men's curling championship.

Howard made a draw to the button in the extra end for the victory in Basel, Switzerland.

"Surreal is the best word I can come up with," Howard said. "I can't believe we actually pulled this thing off."

Brewster had a chance to win it in the 10th end but his stone slid out and he settled for one.

In the extra end, Canada lead Craig Savill hit two nice ticks and teammates Brent Laing and Wayne Middaugh came through with the necessary takeouts to set up Howard's winning throw.

"It's for the world championship and there's a lot on the line but Glenn makes it 99 times out of 100," Middaugh said. "That's why he's throwing the last puck and there's nobody better to have doing it." THE CANADIAN PRESS

Quoted

"He's got something. I can't really explain it, I'm just happy to be around for it."

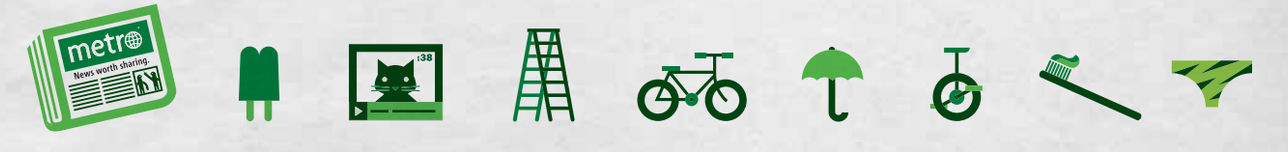
Team Canada's Brent Laing on Glenn Howard's demeanour going into the winning throw.

Winning history

Glenn Howard's previous world championship wins came in 1987, 1993 and 2007.

- Sunday's victory was Canada's 34th world championship since the first event in 1959.

Sharability



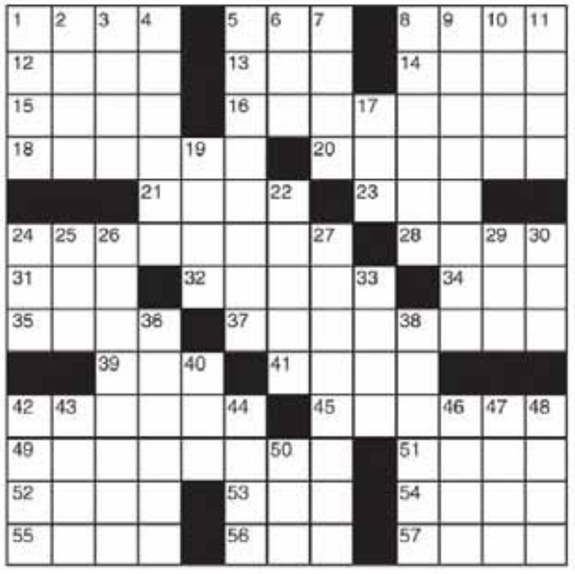
Crossword

Across

1 Mediocre
5 Sibling, for short
8 Low voice
12 Chew the fat
13 Young fellow
14 Engaged with
15 "— She Sweet?"
16 Pyrenees dweller
18 Tile art
20 Glosses
21 Stir-fry pans
23 More, to Manuel
24 Moderately slow melodies
28 Mail org.
31 "Gosh"
32 Musical transition
34 Japanese pond fish
35 "How clumsy of me"
37 Human-like robots
39 Greek vowel
41 Smell
42 U.S.A. neighbour
45 Morale
49 Male hormone
51 Tortoise's rival
52 Versifier
53 Snakelike swimmer
54 Eager
55 Remnants
56 Firmament
57 Capone foe

Down

1 Con game
2 Major U.S. river
3 Without (Fr.)
4 Capital of 42-Across
5 Dark brew
6 Scooted
7 Probability
8 Department
9 Social doings at a lodge
10 Musial or Laurel
11 Half the offspring
17 Resistance unit
19 Charged bits
22 Sheet-music symbol
24 Past
25 Ultra-modernist
26 Hinged (on)
27 Just like that
29 Legume holder
30 Kin of 5-Across
33 Cupid's alias
36 Opens
38 Warbucks' Annie, e.g.
40 Commotion
42 Part of a Dracula costume
43 In due course
44 Reacts to time
46 Great review
47 Rainbow
48 Kennedy and Danson
50 "A mouse!"



Sudoku

	2		6		4	9	8	
					9			6
1						4		5
	5		8			1	9	
				3				
	4	9			7		3	
5		2						9
3			4					
	7	4	3		2		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	4	6	9	7	5	1	8	3
3	8	7	6	1	2	9	4	5
5	1	9	8	3	4	7	6	2
6	7	2	4	9	3	5	1	8
8	3	1	7	5	6	4	2	9
4	9	5	1	2	8	3	7	6
9	2	4	3	6	1	8	5	7
7	6	8	5	4	9	2	3	1
1	5	3	2	8	7	6	9	4

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

QG CHD'OT BXZINQIS PHKT MHIQGTOHDP NOTTP, QN'P BHPPQAXT NLZN CHD KQSLN AT Z MTWZO PTTWTO.

Yesterday's Cryptoquip: SOME YOGURT GOT BANNED FROM THE HIGH-CLASS COUNTRY CLUB FOR NOT BEING CULTURED ENOUGH.

Today's Cryptoquip Clue: D equals U

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Horoscope

Aries | March 21 - April 20. New faces and new places beckon this coming week, so get out and about and have a good time.

Taurus | April 21 - May 21. Your ideas may seem sensible to you but other people clearly have doubts and you will have to work hard to convince them.

Gemini | May 22 - June 20. Everything seems right with your world and what happens today will confirm your belief that the gods of luck are very much on your side.

Cancer | June 21 - July 22. If you feel uncomfortable with something you are doing it is most likely your conscience trying to warn you that you are on the wrong track.

Leo | July 23 - Aug. 22. There is no point arguing with people whose beliefs and opinions are so very different to your own.

Virgo | Aug. 23 - Sept. 22. Someone you meet today will make such an impression on you that you actually want to be like them.

Libra | Sept. 23 - Oct. 22. Don't attach too much importance to what you see or hear around you this coming week.

Scorpio | Oct. 23 - Nov. 21. Your challenge this week is to keep your more negative emotions under lock and key, even when certain people are clearly trying to provoke you into doing something intemperate.

Sagittarius | Nov. 22 - Dec. 21. According to the planets you will accomplish more over the next few days if you take a relaxed view of other people's transgressions.

Capricorn | Dec. 22 - Jan 20. No matter how many things have gone wrong in your life it will all start going right again when Mars turns direct on the 14th. Between now and then just try to relax. You've been far too intense of late.

Aquarius | Jan. 21 - Feb 18. Look on the bright side today even if your world seems to be coming apart at the seams.

Pisces | Feb. 19 - March 20. What you need to realize now is that you can have only a limited effect on your environment. Once you "get" that fact you won't feel so tempted to interfere in other people's lives — which only makes matters worse.

SALLY BROMPTON

Caption Contest

"So, does Bob know where we're heading?"
Eric B

ANDREW BROWNBILL/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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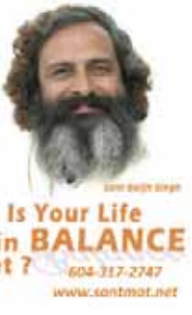
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